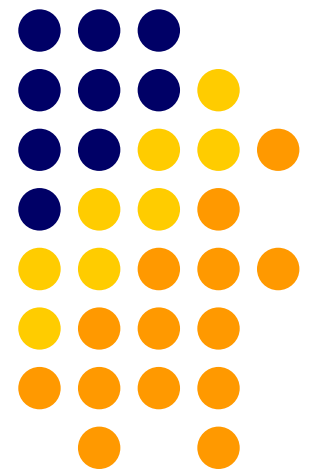
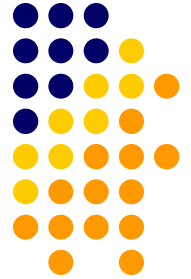


# MENTAL HEALTH AND WELLNESS

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Platinum Focus





# THE CRITERIA

## - REQUIRED -

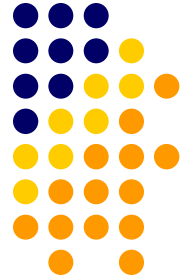
#1: Discuss your district or school medical recommendations policy at a faculty meeting. If your school or district does not have a policy create one.

## - CHOOSE ONE -

#2: Promote mental health and wellness among students all year long

#3: Give faculty and staff resources about mental

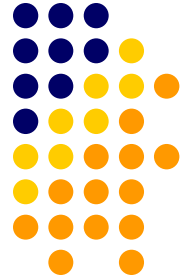
# MENTAL HEALTH CRITERIA #1



## REQUIRED

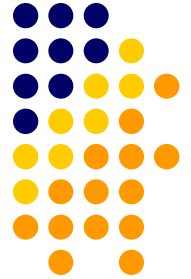
#1: Discuss your district or school medical recommendations policy at a faculty meeting. If your school or district does not have a policy create one.

# MENTAL HEALTH CRITERIA #1



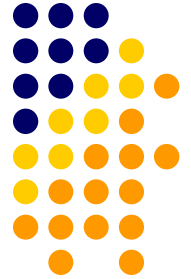
- What is a Medical Recommendations Policy?
  - Describes what medical recommendations teachers can and cannot make to parents

# MENTAL HEALTH CRITERIA #1

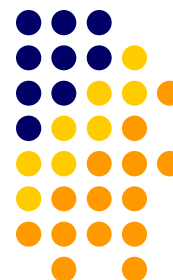


- Step 1: Look for school or school district policy

# MENTAL HEALTH CRITERIA #1



- Step 2: If school does not have a policy create one
  - Utah State Office of Education
    - Programs
    - School Law & Legislation
    - Papers of Interest
    - Medical Recommendations
  - <http://www.schools.utah.gov/LAW/Papers%20of%20Interest%20Files/MedicalRecommendationsInfoforEmployees.pdf>



## **MEDICAL RECOMMENDATIONS WHAT SCHOOL EMPLOYEES CAN AND CANNOT DO**

53A-11-605, effective March 2, 2007

### **Definitions:**

"Health care professional" means a physician, physician assistant, nurse, dentist, or mental health therapist.

"School personnel" means any school district/charter school employee, including licensed, part-time, contract and nonlicensed employees.

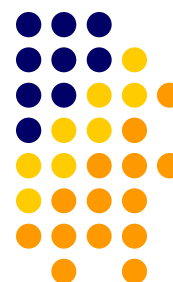
"Mental health professional" (under this statute) means clinical and certified social worker; marriage and family therapist; professional counselor; substance abuse counselor; physician, surgeon or osteopathic physician engaged in the practice of mental health therapy; advanced practice registered nurse specializing in psychiatric mental health nursing; psychologist qualified in mental health therapy.

"Mental health professional licensed by the State Board of Education" means school psychologists.

"Parent" means natural parent or legal guardian.

### **School personnel MAY:**

- provide information and observations to a student's parent about the student,



### **School personnel SHALL:**

- report suspected child abuse consistent with state law;
- comply with state and local health department laws, rules and policies;
- conduct student evaluations/assessments consistent with IDEA

### **School personnel MAY NOT:**

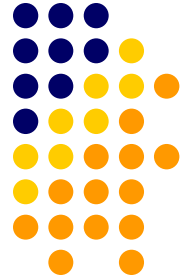
- require that a student take/continue to take psychotropic medication(s);
- recommend that parent seek or use a psychiatric/psychological treatment for a child;
- conduct a psychiatric/ behavioral health evaluation or mental health screening, test, evaluation, assessment of a child except where specifically required by IDEA;
- make a report of suspected child abuse only because a parent refuses to allow a psychiatric, psychological, behavioral treatment for a child UNLESS not doing so would “present a serious, imminent risk” to a child’s safety or the safety of others;

### **School counselor or other mental health professional or mental health professional licensed by the State Board of Education (school psychologists) and working within the school system MAY:**

- recommend, but not require, psychiatric/behavioral health evaluation or treatment of a child;
- recommend, but not require, psychological treatment of a child;

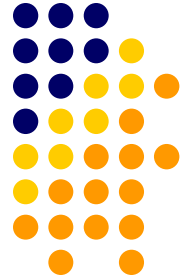


# MENTAL HEALTH CRITERIA #1



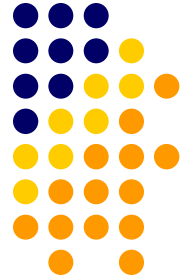
- Step 2: If school does not have a policy create one
  - Utah State Legislature
    - Utah Code/Constitution
    - Keyword Search
    - Search Form
    - Advanced Search
    - Type: school medical recommendations
    - Click on Match #1 53A-11-605
  - <http://www.livepublish.le.state.ut.us/lpBin22/lpext.dll?f=templates&fn=main-j.htm&2.0>

# MENTAL HEALTH CRITERIA #1



- Step 2: If school does not have a policy create one

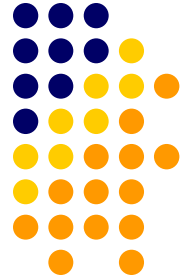
# MENTAL HEALTH CRITERIA #1



Step 3: Discuss policy in faculty meeting

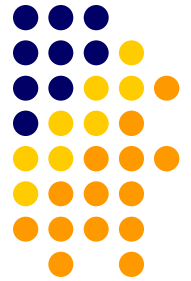
- Be specific about procedure

# MENTAL HEALTH CRITERIA #2



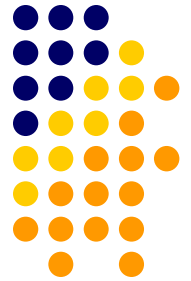
#2: Identify ways your school can promote mental health and wellness by improving self-worth and stress management skills.

# MENTAL HEALTH CRITERIA #2



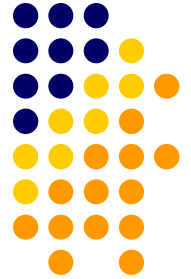
- Step 1: Create a yearlong plan
  - The possibilities are endless
    - Choose a theme for the year
    - Focus on a different character trait each month
    - Create a reward system for good behavior
    - Children's literature
    - Mind Mapping
    - Mental Health Month
    - Many More in the GMS Guide

# MENTAL HEALTH CRITERIA #2



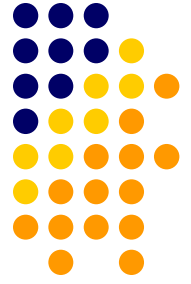
- Tabiona Elementary – Tabiona, Utah
- Theme for the year: CARING
- Objective: Learn you can feel better about yourself by caring for others
- First activity: WALK FOR KATRINA

# MENTAL HEALTH CRITERIA #2



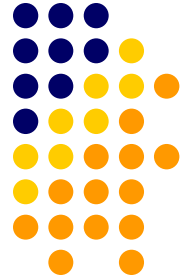


# MENTAL HEALTH CRITERIA #2



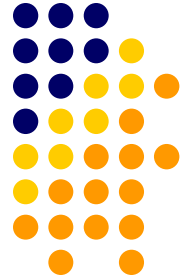


# MENTAL HEALTH CRITERIA #3



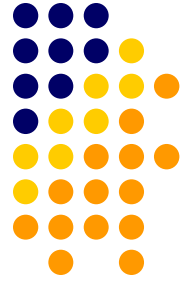
#3: Give faculty and staff resources about mental health and how to recognize mental health concerns.

# MENTAL HEALTH CRITERIA #3



- Step 1: Find the facts
  - Outside Source
  - GMS Guide
- Step 2: Present at faculty meeting
  - Explain why this is important
  - Share facts

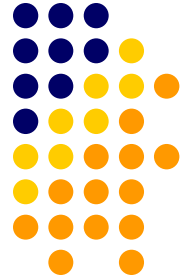
# CONGRATULATIONS



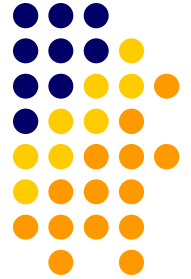
- \$200
- Platinum Plaque



# NEXT YEAR(S)



- Schools will receive
  - Recognition
  - Resources through listserv
  - Eligible for GMS of the Month
- Schools will not receive
  - Mentor
  - Awards Money



## NEXT YEAR(S)

- Choose any of the Focus Areas
  - Asthma
  - Diabetes Control
  - Environmental Quality
  - Fruits and Vegetables Galore
  - Immunization
  - Oral Health
  - Sun Safety
  - Violence and Injury Prevention